

WINTER/SPRING 2020 BROCHURE

**Registration
opens
on 12/15/19!**

**EAST LONGMEADOW
RECREATION**

General Information

How do I register?



ONLINE

Visit elrec.recdesk.com to register for programs online!



IN-PERSON

Visit our office Monday-Friday between the hours of 8:00a.m. - 4:00p.m.



MAIL IN

Registrations can be mailed to 328 North Main Street, East Longmeadow, MA 01028.

Follow Us!



East Longmeadow
Recreation
Department



ELRecDept



elrec.recdesk.com

Contact Us!

Phone: 413-525-5437

Cancellation Hotline:
413-525-5437, option 1

Fax: 413-526-9746

Address: 328 North
Main St., East
Longmeadow, MA 01028

Office Hours:
Monday-Friday from
8:00a.m. - 4:00p.m.

Recreation Commission Members

Tom Kaye- Chair
Nancy Roberts- Vice Chair
Brian Davis
Carolanne Elmendorf
Donald Lepage
Kevin McLoughlin

NOTICE

Please be aware that all programs listed in the brochure are subject to change. For the most up to date information, please visit elrec.recdesk.com.

Recreation Department Staff

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Program Cancellation Notice!

Nothing kills a program faster than late/low enrollment. In order to run a successful Recreation program it requires months of preparation. Please do not wait until the last minute to register for a program. By the time you are ready to register, it could be cancelled!

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General Information

Cancellation of Programs

In the event of inclement weather, or other unforeseen circumstances, the Recreation Department reserves the right to cancel programs/events. Participants will be notified via e-mail or phone in regards to cancellation information. For weather related cancellations, please call the cancellation hotline at 413-525-5437, option 1.

Updating Household Information

Prior to registering for programs, it is crucial to remember to update your household information in your RecDesk account. Many of our programs are age and grade specific and you **WILL NOT** be able to register for a program if the child's age or grade does not match the program requirements. It is also important to check the primary e-mail that is listed on your account. E-mail is the main form of communication to relay crucial and last minute information on a program. Before registering, make sure your information is up to date!

Facility Locations

Pine Knoll Recreation Area: 1974 Allen St. Springfield

Birchland Park Middle School: 50 Hanward Hill

East Longmeadow High School: 180 Maple Street

Little Red School House: 35 School Street

Center Field: 60 Center Square

East Longmeadow Recreation: 328 North Main Street

Brochure Information

Brochures are distributed to Town Offices and East Longmeadow Public Schools three times per year:

Fall:	Mid-August
Winter/Spring:	Early December
Summer:	Mid-March

Brochures are also available at the East Longmeadow Recreation Department or online at elrec.recdesk.com.

Refund Policy

A full refund will be awarded if:

- The Recreation Department cancels a program/event due to low enrollment or other unforeseen circumstances. Registrants will be notified via e-mail for the option to transfer into another program, or to fill out a Refund Form.
- For a non-league program, participants notify the Recreation Department seven (7) calendar days before the program/events scheduled start date.
- The child is enrolled in a youth sport, the Recreation Department must be notified twenty-one (21) days before the scheduled start time for the team/league.

A partial refund will be awarded if:

- A program/class is not canceled by the Recreation Department and the participant chooses not to attend and the program has already started.
- The participant cannot continue due to a medical emergency. In this case, the circumstances will be reviewed by the Recreation Director for evaluation of refund amount.

No refund will be awarded if:

- Once the program/event has completed.
- After youth sports team placement has been announced to the public by our office.

Financial Assistance

Scholarship opportunities are available to those who are in need. Applications must be filed with the Recreation Office and will be reviewed by the Recreation Director for determination of scholarship and amount. Any questions please e-mail: recreation@eastlongmeadowma.gov.

East Longmeadow Recreation Mission Statement:

To connect generations of residents by providing enriching programs and experiences that inspire healthier living, increased social engagement and the love for our community.

Special Events

EGG HUNT

Check out our EGG-CITING 2nd Annual Egg Hunt! Search for over 6,000 eggs and enjoy other activities including arts and crafts, face painting, entertainment, prizes, and so much more! Please pre-register at elrec.recdesk.com.

Date: April 4
Rain date: April 11
Ages: ANY AGE!
time: 3:00 p.m. - 5:00 p.m.
Location: High School Turf Field

THANK YOU TO OUR 2019 SPONSORS!



TOWN WIDE TAG SALE

Come shop till you drop in our Spring 2020 Town Wide Tag Sale! Participants can purchase a 10' x 20' plot for \$25 to sell their household items. Not interested in selling? Come shop at over 20 plots! Food will also be available for purchase.

Plots are first come, first served, so sign up quick! Please see the map for plot locations and numbers.

Date: May 9
Rain Date: May 16
Cost: \$25.00/plot
Time: 9:00 a.m. - 3:00 p.m.
Location: Recreation Department (Front Lawn)



Special Events

RED SOX vs. YANKEES BUS TRIP

The rivalry returns in 2020 for another nail-biting year! The East Longmeadow Recreation Department is taking a bus trip to the world famous Yankee Stadium! Witness the rivalry up close on this special trip.

Included in admission are ticket costs, transportation service and a sandwich. **For official game time, and other important information, please visit elrec.recdesk.com.**

Date: May 9
Cost: \$130.00/person
Location: Recreation Department



UNDERWATER EGG HUNT

Take to the pool to find some treasures! Experience our first Underwater Egg Hunt to search for candy and prizes, while enjoying other activities such as a DJ, vendors and more! **Pre-registration is REQUIRED and can be done at elrec.recdesk.com.**

Date: April 11
Time: 10:00 a.m. - 12:00 p.m.
Cost: \$5.00/child
Ages: 3-12 years old
Location: ELHS Pool

PARENT VS. CHILD DODGEBALL

Kids! Challenge your parents or a special person in a game of dodgeball! **Pre-registration is REQUIRED and can be done at elrec.recdesk.com.**

Date: March 20
Time: 7:00 p.m. - 9:00 p.m.
Cost: \$10.00/person
Ages: K-6 Graders
Location: Birchland Park Gym

FAMILY PAINT NIGHTS

Experience a family night out and paint something special! In February, paint the moon and the stars for a winter theme. In April, spring has sprung with a sun and flowers painting! Both the moon and the sun are glow in the dark! **Pre-registration is REQUIRED and can be done at elrec.recdesk.com.** View a sample of the paintings on our website!

Date: February 28 & April 17
Time: 6:00 p.m. - 8:00 p.m.
Cost: \$15.00/person
Location: Recreation Dept.

Youth Programs

Mini Preschool

Explore the world of Mini Preschool! This program is a child's first introduction into the world of school. Children can socialize with peers and separate from caregivers in a comfortable environment. It allows your child to ease into routines of school with short sessions for family friendly flexibility. The class will focus on beginning social interactions, sensory motor exploration, and play experiences to promote language, motor and cognitive skills while nurturing and supporting their emotional development. **Sign up quick! Maximum number of 10 kids per session.**

Days: Mondays
Session 1: January 6 - February 24
Session 2: April 6 - May 11
Time: 9:30 a.m. - 11:00 a.m.
Cost: \$89.00/child
Ages: 18 months - 3 years old
Location: Little Red Schoolhouse

Mommy & Me Yoga

Join certified Children's Yoga Instructor, Beth Haller, for six weekly sessions of Yoga & Mindfulness for Preschoolers! Each week of this evidence-based program, we will learn new yoga poses and breathing tools to make ourselves happy and healthy in a fun environment. This is a parent/caregiver and child class, so wear your comfy clothes as we explore balance, strength and focus!

Days: Tuesdays
Session 1: February 4 - March 10
Session 2: April 7 - May 12
Time: 0-3 years old: 11:15 a.m. - 11:45 a.m.
4-5 years old: 12:00 p.m. - 12:30 p.m.
Cost: \$45.00/child
Ages: 0-5 year olds
Location: Little Red Schoolhouse



Follow us for the
latest and
greatest with
ELRD!

Minds in Motion: Forklift Robot

Experience the best of robotic technology by assembling and taking home your very own Forklift Robot! Using a wired controller, you can command the robot to move forward, backward, turn, grip, lift, and lower. This amazing robot is like a mini industrial forklift, with the ability to lift up to 100 grams in weight! Just like a real engineer, you will put your mind in motion with intelligent thinking. You will also compete in our Minds in Motion robotic battles, free building with hundreds of robotic parts!

Days: Tuesdays
Dates: February 25 - March 24
Time: 4:30 p.m. - 6:30 p.m.
Cost: \$160.00/child
Ages: 9-14 year olds
Location: Recreation Department (Activity Room)



Safe@Home Course

The Safe@Home by SafeSitter is a program designed to prepare kids to be safe when they are home alone. This program teaches students how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the SafeSitter First Aid Chart and learn a system to help them assess and respond to injuries and illnesses.

Session 1: February 18
Session 2: March 14
Session 3: May 23
Time: 10:00 a.m. - 11:30 a.m.
Cost: \$20.00/child
Ages: 4-6 grade
Location: Recreation Department (Activity Room)

SAFE@HOME
by **SAFESITTER**

Youth Programs

XTAC Extended

Enjoy a Friday night out a month with XTAC Extended! In Summer 2019, the East Longmeadow Recreation Department introduced a brand new travel camp that takes teens on trips Monday-Thursday. Now, we want to extend the fun with a trip one Friday night per month through the school year!

Dates: January 10: Springfield Thunderbirds Game
February 21: Powder Ridge Ski Area- Tubing
March 27: Pinz Bowling
May 29: Hartford Yard Goats Game
Time: 4:30 p.m. - 10:00 p.m.
Cost: \$65.00/child
Ages: 5-11 graders
Location: Recreation Department (Activity Room)

Kids Night Out

Send your child for a night out! These events are designed for parents who want a night out for dinner, shopping, or relaxation with their significant other or friends.

Date: May 29
Rain Date: June 5
Time: 4:30 p.m. - 8:30 p.m.
Cost: \$30.00/child
Ages: 4-12 year olds
Location: Pine Knoll Recreation Area

Babysitting Course

This is an entry level course designed to teach age appropriate skills necessary to care for children of all ages using team babysitting, mother's helper and individual babysitting concepts. The course focuses on safety with emphasis on prevention. ***NEW: All students will receive CPR/First Aid training and certifications upon completion.*** Sign up early! Maximum number is 15 participants per session.

Certifications will be received after taking one class.

Session 1: February 15
Session 2: April 21
Time: 9:00 a.m. - 2:00 p.m.
Cost: \$75.00/participant
Ages: 10-15 years old
Location: Recreation Department (Activity Room)

American Red Cross Lifeguard Course

The American Red Cross Lifeguard Training and Certification are imperative to the process of getting hired on as an official Red Cross certified lifeguard. Our detailed training includes both testing of hands-on skills as well as comprehension on written skills.

The certification, which includes First Aid, CPR and AED training, is valid for two years upon completion and is accepted nationwide. The American Red Cross is the most respected source for training and certification of this kind.

Sign up early! Maximum number of 15 participants for the session.

Pre-requisites include the following:

- Participants **MUST** be 15 years old by the last day of class in order to enroll;
- Pre-test will be conducted to ensure strength and safety in the water;
- All dates during the session are mandatory to pass the class.

Dates: April 21 - April 24
Time: 8:00 a.m. - 3:00 p.m. (every day)
Cost: \$250.00/participant
Ages: 15 and older
Location: East Longmeadow High School Pool

Witness the rivalry!

Join us for this special bus trip to YANKEE STADIUM! Trip is on May 9. See page 5 for more details.



Vacation Programs

Childrens Basketball

Shoot around with your friends! High School basketball players will be present to run drills and have fun with your kids while they learn some valuable techniques and enhance their basketball skills!

Session 1: February 18 & February 20
Session 2: April 21 & April 23
Time: 10:00 a.m. - 12:00 p.m.
Cost: \$10.00/child per session
Ages: 3 - 8 Grade
Location: Birchland Park Middle School Gym

Open Swimming

Take advantage of an empty pool during February or April vacation! (Please note that parental supervision is required for ages 3-12)

Dates: February 19 & February 21 (3-12 year olds)
February 18 & February 20 (13-17 year olds)
Time: 10:00 a.m. - 12:00 p.m.
Cost: \$15.00/participant per session
Ages: 3-17 year olds
Location: East Longmeadow High School Pool

High School Open Gym

Come shoot around or organize a game of pickup! This program is for high school students only.

Session 1: February 18 - February 20
Session 2: April 21 - April 23
Time: 12:00 p.m. - 1:00 p.m.
Cost: \$10.00/participant per session
Ages: 9-12 graders
Location: Birchland Park Middle School Gym

Sponsor an Ad!

Sign up to sponsor an advertisement with East Longmeadow Recreation! For more information on how to place a 1/8 advertisement in our tri-annual brochure, contact Geordie Emmanuel, Deputy Recreation Director at george.emmanuel@eastlongmeadowma.gov or at (413) 525-5400, extension 1304.

SPONSORSHIP

Backyard Fun

Get some exercise and have some fun with this Backyard Fun program during April Vacation! Play classic games like prison ball, fish and minoes, and more! Activities and games will be run by Pine Knoll Camp Staff.

A half-day option from 9:00 a.m. - 12:00 p.m. is available for ages 3-5 years old for \$40.00.

Please pack a lunch for your child for this program.

Need extended care? Add on an extra \$15 in the morning or afternoon (both \$30) to receive extended care. AM extended is from 8:00 a.m. - 9:00 a.m., and PM extended is from 3:00 p.m. - 4:00 p.m.

Dates: April 21 - April 24
Time: 9:00 a.m. - 3:00 p.m.
Cost: \$80.00/child
Ages: 3-12 year olds
Location: Pine Knoll Recreation Area

XTAC Vacation Week

What better way to enjoy April vacation than by taking XTREME trips! Enjoy a reduced week of camp with 3 trips to various locations. Experience an early week of XTREME Teen Adventure Camp which returns Summer 2020!

Need extended care? Add on an extra \$15 in the morning or afternoon (both \$30) to receive extended care. AM extended is from 8:00 a.m. - 9:00 a.m., and PM extended is from 3:00 p.m. - 4:00 p.m.

April 21: Sonny's Place
April 22: Six Flags New England
April 23: USA Ninja Challenge/Nomads

Dates: April 21 - April 23
Time: 9:00 a.m. - 3:00 p.m.
Cost: \$180.00/participant
Ages: 5-11 graders
Location: Pine Knoll Recreation Area

Vacation Programs

Minds in Motion

7 in 1 Solar Transformer

Build and take home your very own 7 in 1 Rechargeable Solar Transformer! This innovative solar science kit will encourage you to exercise your sense of creativity and imagination. A greater starter for those new to robotics, this kit features all snap together plastic parts where no screws or tools are required!

Dates: April 21 - April 24
Time: 9:00 a.m. - 12:00 p.m.
Cost: \$125.00/child
Ages: 7 - 12 years old
Location: Pine Knoll Recreation Area (The Knoll)

Outer Space & Physics Fun

Join the exciting world of space exploration as you build and take home your very own Solar System kit! Each young astronomer will paint and watch their very own Solar System come to life as the planets orbit around the solar-paneled sun.

Dates: April 21 - April 24
Time: 1:00 p.m. - 4:00 p.m.
Cost: \$140.00/child
Ages: 7 - 12 years old
Location: Pine Knoll Recreation Area (The Knoll)

FREE Supervised Lunch!

FREE lunch supervision for 7 in 1 Solar Transformer and Outer Space & Physics Fun Minds in Motion classes. **A lunch must be packed for your child and pre-registration is required.** Participants must be enrolled in both classes to receive this offer.

Adult Programs

Fitness Classes

Cardio Strength

Test your heart, muscles and have fun together with our certified instructors! For any ability and for 18+. Sign up now and start your path to better health!

Days: Mondays & Wednesdays
Session 1: January 6 - March 11
Session 2: March 30 - June 1
Time: 6:00 p.m. - 6:50 p.m.
Cost: \$50/person, \$45 for senior discount
Location: Birchland Park Middle School Cafeteria

Yoga

Days: Wednesdays
Session 1: January 8 - March 4
Session 2: April 1 - May 27
Time: 7:00 p.m. - 7:50 p.m.
Cost: \$40/person, \$35 for senior discount
Location: Birchland Park Middle School Cafeteria

Adult Basketball

Grab your friends and play a game of pickup! This program is for adults over the age of 18 that are looking to get on the court for a relaxed few hours of shooting around!

Days: Saturdays
Session 1: March 21 - April 18
Session 2: April 25 - May 23
Time: 8:30 a.m. - 10:30 a.m.
Cost: \$5 at the door or pre-pay for all 5 for \$20 online at elrec.recdesk.com!
Location: Birchland Park Middle School Gymnasium

Adult Open Swimming

During February Vacation, take advantage of an empty pool! **Pre-registration is REQUIRED for this event. Registration can be done at elrec.recdesk.com.**

Dates: February 19 & February 21
Time: 7:30 a.m. - 9:00 a.m.
Cost: \$15/participant
Location: East Longmeadow High School Pool

Spring Sports Programs

Baseball (Travel & Recreation)

Registration: January 1 - March 1

Prices can be found online at elrec.recdesk.com.

Pinto Recreation Program (Grades 1 & 2)

The recreation level is intended for players to learn the basics of baseball in an enjoyable and constructive environment.

John L. Sullivan (JLS Travel Baseball)

The travel level is intended for players who want to test their skills in a highly competitive environment. Player must remain max age up until May 1 of current year. The leagues are as follows:

8 & Under 10 & Under 12 & Under 14 & Under

Travel Make-Up Evaluations

This is for new players ONLY. If you evaluated in the fall, this will not apply. Each participant will be required to purchase their own baseball pair of pants, and glove. All teams will have some travel requirements. Coaches will contact participants prior to their first practice.

Tee Ball

Tee ball is a great introductory program for boys and girls. Players will learn basic rules of the game, techniques for throwing, catching, hitting and the principles of teamwork and sportsmanship. Pre-K & Kindergarten players only. **This program is for residents only. Non-residents will be considered on a wait-list basis.**

Softball

Registration: January 1 - March 15

Prices can be found online at elrec.recdesk.com.

Rookie League (Grades 1 & 2)

This program is intended to introduce players to the game. One practice a week and one game.

Travel League

10U, 12U and 14U are competitive leagues that participate in the NEYSA league. 2-3 practices per week. Each participant will be required to purchase their own gloves. Players are placed based on ability. Evaluation dates/times will be communicated after registration is complete.

Roots Soccer League (RSL)

Registration: December 15 - February 1

Prices can be found online at elrec.recdesk.com

Age Groups

U8- Born after 8/1/2011 U9- Born after 8/1/2010
U10- Born after 8/1/2009 U11- Born after 8/1/2008
U12- Born after 8/1/2007 U13- Born after 8/1/2006
U14- Born after 1/1/2005

New players can only be accepted if roster spots are available for that age group. It is the responsibility of the new player/family to purchase uniform from online store. Online store link will be provided to all participants.

Lacrosse

Boys Lacrosse

Registration: December 15 - February 1

Prices can be found online at elrec.recdesk.com

Bantam- Grades 3 & 4

Junior- Grades 5 & 6

Senior- Grades 7 & 8

Additional equipment may be required and must be purchased prior to the first team event. Teams are created based on skill. Coaches will contact all players prior to the start of the first practice.

Girls Lacrosse

Registration: December 15 - February 15

Prices can be found online at elrec.recdesk.com

Bantam- Grades 3 & 4

Junior- Grades 5 & 6

Senior- Grades 7 & 8

Little Laxers

Registration: January 1 - March 15

Prices can be found online at elrec.recdesk.com

This lacrosse program will be instructional in nature and will introduce players to the basics of lacrosse through proper repetition and fun games that reinforce their new abilities. Players will receive a Fiddle Stick and a team t-shirt. **Residents only program. Non-residents will be considered on a wait-list basis.**

Aquatics Programs

Infant/Toddler

This is for ages 6 months to 5 years old who want to get comfortable with the water. Parents MUST participate with child.

Level 1: Introduction to Water Skills

This course will help swimmers feel comfortable in the water and enjoy the water safely.

Skills Covered: Entering the water by stepping or jumping in from the side, submerging entire head, blowing bubbles, open eyes underwater, front and back glide, swim 15 feet on front and 10 feet on back, swim on side.

Level 2: Introduction to Water Skills

The goal is this course is to give swimmers success with the fundamental skills of swimming.

Skills Covered: Back and front glide into vertical position, step or jump from side into shoulder-deep water, fully submerge and hold breath, back float for 15 seconds, roll from front to back and back to front and tread water for 15 seconds.

Level 3: Stroke Development

This course will build on the skills from Level 2 through additional guided practices.

Skills Covered: Jump into the deep water, head first entry from sitting or kneeling, submerging and retrieving an object, bobbing, survival float for 30 seconds, treading water for 30 seconds, front crawl for 15 yards, butterfly 15 feet and safe diving.

Location:	East Longmeadow High School Pool
Cost:	\$50.00/session
Times:	Saturdays for 25 minutes each
Session 1:	January 18 - February 8
Session 2:	March 6 - March 28
Session 3:	May 2 - May 23

Level 4: Stroke Improvement

The goal for this course is to develop confidence in the strokes learned thus far and improve other aquatics skills by swimming greater distances.

Skills Covered: Diving, underwater swimming, feet-first dive, 1 minute of survival floating, 15 yards of butterfly and elementary backstroke and sidestroke and compact jump from height in a life jacket.

Level 5: Stroke Refinement

This course is designed for coordination and refinement of strokes.

Skills Covered: Shallow dive, tuck and pike surface times, 2 minutes of survival floating, back float and treading water, flip turns on front and back, 50 yards front and back crawl, 25 yards butterfly, breaststroke, elementary backstroke and sidestroke and 2 minutes of survival swimming.

Level 6: Swimming and Skill Proficiency

This level is to refine strokes so students swim with more ease, efficiency, power and smoothness.

Skills Covered: Continued practice of lap swim using front & back crawl, each breaststroke, elementary backstroke, sidestroke & butterfly and 100 yards choice of any strokes, survival floating and back floating for 5 minutes each, feet first surface dive and retrieve an object from 7 feet deep.

Marlins Competitive Swimming

Registration: January 1 - February 15

Prices can be found online at elrec.recdesk.com.

This program is offered for boys and girls who want to develop their swimming skills and be part of a competitive team. Participants must be able to swim twenty-five (25) yards freestyle.

The season begins with practices the first week of May. Coaches will assess swimmers and determine appropriate placement. Parents are required to volunteer during swim meets. Program has a limited number of spots and may not be available after capacity has been reached.

Practices will be held Monday-Friday at the East Longmeadow High School pool. Groupings will be assigned by coaching staff. Marlins staff will contact you prior to the first session.

Coaches will hand out meet and practice schedules prior to the program beginning.

Swim Lesson Session Calendar

	10:30 a.m.	11:00 a.m.	11:30 a.m.	12:00 p.m.
Infant/Toddler			X	
Level 1	X			
Level 2		X		
Level 3		X		
Level 4				X
Level 5				X
Level 6				X

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OPPORTUNITIES FOR YOUR
BUSINESS TO SUPPORT A
HEALTHY, ACTIVE COMMUNITY



Community Events



Youth Sports and
Camps



Parks and Facilities

**For more information on how you can become a proud sponsor,
please contact the Recreation Office at 413-525-5437.**